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Television. Scottish co-hosts of "Brew Dogs," Martin Dickie and James Watt, co-founded BrewDog brewery. We went behind-the-scenes of the Brooklyn-filmed TV show, which airs Wednesdays at 10 p.m. on Esquire. PAGE 02

Brooklyn-borne and BREWED

The Brew Dogs, Martin Dickie (left) and James Watt, created the ultimate New York home-brewed beer. / BRANDON HARDIN

Man killed in East Village blast mourned

PAGE 04

Rand Paul makes White House bid

PAGE 10

Elisabeth Moss talks 'The Heidi Chronicles'

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Rangers, Isles itching for playoffs to start

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Top 3

The best of Metro.us

1 'Why you should want the Celtics to make the 2015 NBA playoffs'

2 'Lindsay Lohan focusing on her career, apparently'

3 '80-year-old mature porn star talks younger men, life, and loving the camera'

Get the latest

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The Brew Dogs, Martin Dickie (left) and James Watt, looking for the true taste of Brooklyn. / STEPHAN HAWK, ESQUIRE NETWORK

Taking a brewery to new heights

Brooklyn's own. How the "Brew Dogs" boys distilled a borough into a glass.

Winter arrived late last year, but remember that one cold day? The random freezing Saturday in an otherwise balmy mid-November week before the winter that wouldn't end began?

The cast and crew of Esquire network's "Brew Dogs" does, because they spent most of it on a downtown Brooklyn rooftop, filming the final scene of their citywide experiment in creating the ultimate Big Apple home-brewed beer. The show, which travels to different cities in each episode and creates a signature brew there, began its third season last week, and "Brooklyn's Big Apple Beer" airs tonight.

So what does it take to make beer here?

"New York was kind of different because it's a kind of crazy place and things can happen very easily or with a lot of stress," co-host Martin Dickie, one of the pair of Scots along with James Watt who co-founded BrewDog brewery, told Metro.

Since the episode was set in the DIY borough, the beer couldn't very well be made in an established brewery. Enter Brooklyn Brew Shop, founded in 2009 by Stephen Valand and Erica Shea, that sells stovetop home brewing kits in 26 countries. But it's not their beer-making expertise that the production was looking for.

Quoted

"We wanted to make a Big Apple Beer. ... It was really big, really boozy. I think we succeeded."
Valland

"They came up with the whole apparatus of how to brew it," Valand said. "We came up with the recipe, and they figured out how to make the actual brew day as complicated as possible."

The production team also didn't choose just any building — the beer was made in Valand and Shea's downtown Brooklyn apartment building. Dickie and Watt knocked on the doors of all their neighbors, even asking a few for help with making the beer by occupying their sinks and installing other distilling machinery.

"We took what is normally something that happens in the kitchen and expanded it so that the entire building was a brew system," Valand explained.

"Brew Dogs" airs Wednesdays at 10 p.m. on Esquire.

EVA KIS
@thisiskis
eva.kis@metro.us

Leggo my churros

Subway vendors say cops ate their sweets

The accusations are dastardly — and delicious.

New York City cops have doubled their arrests of illegal food vendors in subway stations and on platforms this year — and now come accusations from churros sellers that officers are eating the sweets they seize.

"They take the churros, saying they need them for evidence and that they will return them, but they don't return them," Ana Alvarado told DNAinfo. "When they get to the precinct, whoever wants one grabs one, and whatever is left they put in a black bag."

The accusations are made in a larger DNA piece revealing how churros sellers, primarily women, engage in a daily cat-and-mouse game with police.

"I tell police, 'Please don't take me. You are taking food away from my children,'" Alvarado said. "Do you think it is just for them to arrest somebody for working and throw them in a cell with drug dealers and prostitutes?"

A group called The Street Vendor Project is trying to decriminalize the food sales and end the arrests.

JOHN A. OSWALD

Churros / WIKIMEDIA

SoHo. Pearl River Mart could close by the end of the year

Pearl River Mart / PROVIDED

Colossal SoHo department store Pearl River Mart will likely close up shop at the end of the year due to a severe rent hike and changing retail climate for Chinese goods.

Company president Ching Yeh Chen told Metro their landlord is planning to raise their rent to $500,000 from $100,000 a month after their lease expires in December. The three-story, 30,000-square-foot store sells about 15,000 different products, including paper lanterns, shoes, home decor and fabrics.

"Rent is only one of the major reasons," Chen said. "If we keep doing the way we're doing, a lot of people and large overhead, selling relatively inexpensive goods, there's no way you can survive."

Chen said the next chapter for Pearl River, if there is one, will be a smaller space and focus on selling through their website, PearlRiver.com.

WENDY JOAN BIDDLECOMBE

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Sky high. One WTC observatory set to open at end of May

The spectacular One World Observatory will open May 29, officials said Tuesday.

"On May 29, One World Observatory will officially open its doors to the public — offering visitors an inspiring and unparalleled opportunity to experience New York City," said David Checketts, the CEO of Legends, the company contracted to run the Observatory.

One World Trade Center, at 1,792 feet and 104 floors, is the tallest building in the Western Hemisphere and was constructed on the site where the Twin Towers, destroyed in the 9/11 attacks, once stood.

The observatory is on three levels, on floors 100, 101, and 102. Tickets run $32 for adults, $30 for seniors and $26 for kids.

Tickets are on sale at OneWorldObservatory.com. METRO

College

Rutgers bans frat parties

The party's over for frats and sororities at Rutgers University — at least for the rest of the spring semester — "in light of a number of alcohol-related incidents this year involving Greek organizations."

The party ban comes after a student died of alcohol poisoning in September. Another was hospitalized six weeks later after binge drinking. METRO

East Village explosion victim remembered

Funeral. A 23-year-old man killed in last month's deadly inferno was laid to rest yesterday.

Family members carry the casket at the funeral of Nicholas Figueroa at the Church of the Holy Name of Jesus on the Upper West Side. / BESS ADLER, METRO

Family, friends and community members gathered Tuesday morning to remember Nicholas Figueroa, one of the two men killed in last month's East Village explosion.

Figueroa, 23, was on a date at Sushi Park at 121 Second Avenue, and had just paid the check when the explosion ripped through the restaurant. Moises Locon, who worked there as a busboy, was also killed.

Figueroa was laid to rest as police appear to be treating the case as a homicide. A preliminary investigation has found the gas line was illegally hooked up.

"It's something that could have been prevented," said Wanda Melendez, who lives on the Upper West Side and attended the funeral. "Con Ed should check on these buildings — unexpected visits, not give them [landlords] the time to change the hookup."

"This is an act of greed. If it was my son in that casket, I would expect homicide charges," Melendez said outside of the church.

"This was not an accident, this was a man-made disaster that could be prevented," said Dan Simon, an East Village resident who attended the service. Simon said after the funeral he would like to see a park as a permanent memorial to remember the short lives of Figueroa and Locon.

WENDY JOAN BIDDLECOMBE
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XXX. Drexel professor in crossfire after porn gets sent to students

A Drexel University law professor who writes kids books about Supreme Court justices is being investigated by the school after she allegedly sent her students a sexually-explicit email.

The header on Lisa McElroy's email read: "Great article on writing briefs," reports rinsedaily .com.

When students clicked the link, they got anal beads instead.

More specifically, a woman engaging in a sex act using said beads. It could all be, of course, a horrible error or spam.

Unfortunately for McElroy, even if she is cleared, the story is going viral online.

"Drexel is required to initiate fact-finding for all reports of inappropriate behaviors of a sexual nature that may impact members of our community," Drexel said in a statement. "As part of these policies and procedures, an employee may be put on administrative leave — which is not punitive — during the investigation."

JOHN A. OSWALD

Oregon

Mom finds marijuana in Walmart toy

An Oregon mother says she got more than she bargained for when she picked up an Easter gift for her toddler in the clearance section of a local Walmart.

Christina Marie Hannahs, of Otis, said she found three bags of marijuana stuffed inside the "Smart Shots Sports Center" basketball toy, according to a police spokesman in the city of Newport, where the item was purchased.

The toy, made by VTech, is for children between the ages of 1 and 2 and comes with multiple parts including balls to toss in a basket and a screen that lights up.

Hannahs told local broadcaster KATU that, as she assembled the item for her toddler, she found some parts were missing. Left behind in the box were the clear plastic bags of what she said was marijuana.

REUTERS

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Consumers rush to get free TV after Supreme Court ruling

U.S. households to get free TV with slick little micro antenna device engineered to pull in all over-the-air TV channels for free as law forces network giants to broadcast all TV signals regionally to all 50 states

Free TV: Crystal clear HDTV picture with no cable, no satellite or internet connection and no monthly bills

FREE TV WITH NO CABLE BILLS: Thanks to a slick little micro antenna device that plugs into the back of any TV, consumers are getting free crystal-clear digital channels without cable or satellite. It's like getting a new HDTV for free. That's why U.S. residents are rushing to the Post Office to return the Free TV Claim Form reprinted at the bottom of the next page. Consumers in all 50 states who want to get Free TV with no monthly bills just need to be sure the Free TV Claim Form is postmarked by midnight 3 days from today's publication date.

NATIONWIDE - Consumers just got handed a really good reason to get rid of cable and satellite bills.

Everyone fed up with high cable and satellite bills, huge channel bundles and poor customer service are now flocking to get a slick little micro antenna device that lets U.S. households watch broadcast TV legally without paying a cable or satellite company for it and no monthly bills.

So much attention is now being focused on this slick little device since the High Court handed down the big win for consumers.

The landmark decision highlights the public's ability to get all the top rated national TV network and regional shows broadcast over the air absolutely free.

The only thing consumers need to do to get the slick little micro antenna device is simply return the Free TV Claim Form printed at the bottom of the next page before the 3-day postmark order deadline ends.

Everyone who does is getting the slick little $88 device at a real steal because it pulls in crystal-clear digital TV channels for free with no monthly bills.

The target audience for the slick little micro antenna device has been young urban professionals who don't want to watch more than 20 or 30 live TV channels. But now older folks are snapping up the slick little device because it's rapidly becoming popular for those on fixed incomes and anyone who just doesn't want to pay a cable or satellite bill anymore.

"When advanced technology enables consumers to just plug in a simple device to get free TV, consumers are the winners," said David Martin, Senior Analyst at CompTek, the company that makes the sleek little micro antenna device that works on virtually any TV.

"This special advertising feature is being so widely published because there's never a monthly bill to pay and all the channels you get are absolutely free," Martin said.

"That's why the slick little device is not like being tied to a cable or satellite company. The device is engineered to access solely over-the-air signals that include all the top rated national and all broadcast stations, like DISNEY (ABC), COMCAST (NBC), CBS, 21st Century FOX (FOX), PBS, CW and about 90% of the most watched TV shows like America's Got Talent, NCIS, The Big Bang Theory, 60 Minutes, The Bachelorette, Blue Bloods, Dateline, Person of Interest, American Idol, The Voice, Dancing With the Stars, CSI, Two and a Half Men, Sunday Night Football plus news, weather and sports all for free with no monthly bills," Martin said.

That means consumers who get the slick little device can channel surf through all the nation's top favorite TV shows. The number of shows and channels consumers get depends on where they live. People living in large metropolitan areas can get up to 53 crystal-clear digital channels, while people in outlying areas will get less. That means even consumers in rural areas that pull in NBC, ABC, CBS, FOX and PBS broadcasts will still get hundreds of shows each year to watch for free.

"It's so simple all you do is just plug it into the back of your TV and place the razor thin micro device on a window or wall, then autoscan does all the rest. It works on virtually any model TV and you get a stunning HDTV quality picture," Martin said.

"It just doesn't make any sense to keep paying for TV when you can get all the top rated network channels and hundreds of shows absolutely free," he said.

But there is no time to waste. Consumers must cut out and return the Free TV Claim Form postmarked no later than 3 days from today's publication date.

Everyone who does is getting free TV channels with no cable, satellite or internet connection and no monthly bills. ■

(Continues on next page)

(Continued from previous page)

WHO WINS IN SUPREME COURT'S LANDMARK DECISION

WINNERS:

CONSUMERS

Consumers who get a slick little micro antenna device like the razor thin Clear-Cast® brand will get free TV with no monthly bills. The courts ruling emboldens the ability for consumers to legally use the slick little device in their own home to get free TV. The simple device is engineered to pull in nothing but free TV channels in crystal-clear digital picture with no cable, satellite or internet connection. That's why this slick little micro antenna is a real steal at just $88 because it is such a smart alternative for everyone who is sick and tired of paying cable and satellite bills.

LOSERS:

AEREO

Aereo will likely suspend its business since the court's decision after it developed a way to bootleg major TV network's content. Aereo charged subscribers $8 to $12 a month to lease a dime size remote antenna located in the company's facility.

NETWORKS AND TV STATIONS

With the victory, all major networks and TV stations get to protect their copyrights, but they must continue to comply with Federal Law 47CFR SEC. 1.4000 which allows consumers who have a slick little micro antenna device to receive all the crystal-clear over-the-air broadcast channels for free. Shown here are a handful of the major networks that must broadcast over the air channels that consumers can receive for free with the slick little micro antenna devices that saves money by not picking up expensive cable only channels like ESPN so there's never a monthly bill for consumers to pay.

Network trademarks and programs are the property of their respective owners and are not affiliated with or endorsing the antenna devices. Consumers report the crystal-clear picture quality with the Clear-Cast brand micro antenna device is the best quality picture they've ever seen.

DEVICE MAKERS

The Computer & Communications Industry Association backed Aereo's position, having concerns that the ruling could be detrimental to other cloud services.

MOVIE STUDIOS

Hollywood cheered the high court's decision because consumers who have a slick little micro antenna device will receive all of the major network Hollywood movies broadcast over the air for free.

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TV viewers in large cities such as New York, Dallas and Boston who relied on Aereo's service that provided more than two dozen local channels.

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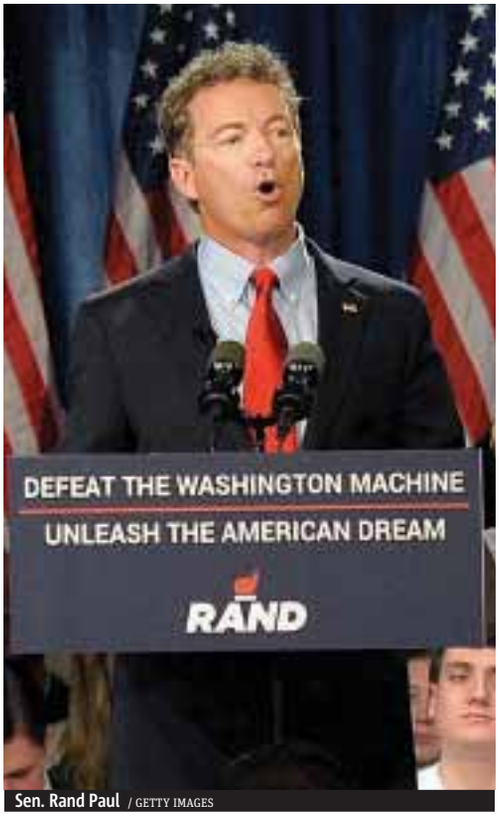
Rand Paul promises to 'take our country back' in 2016 bid

Paul. He is a libertarian who has built a national reputation for challenging party orthodoxy.



Sen. Rand Paul / GETTY IMAGES

Sen. Rand Paul promised to be a different kind of Republican on Tuesday, launching a 2016 White House bid that he said would highlight the conservative principles of reduced government and spending as he vowed to break up "the Washington machine."

The senator from Kentucky criticized Republicans in Congress and recent Republican presidents for helping to drive up the federal debt and reducing personal liberties.

"We have come to take our country back," he told cheering supporters on a flag-draped stage in Louisville, Kentucky, promising to break up "the Washington machine that gobbles up our freedoms and invades every nook and cranny of our lives."

With his announcement, Paul becomes the second major Republican to announce presidential ambitions for 2016, after Texas Sen. Ted Cruz.

A crowded field is expected, with candidates competing hard for constituencies ranging from the Christian right to traditional Wall Street Republicans.

Paul starts the campaign in the second tier of Republican candidates, drawing the support of 8.4 percent of Republicans, according to a March Reuters/Ipsos tracking poll.

That puts him behind former Florida Gov. Jeb Bush, who is considered a top contender although he has not declared himself a presidential candidate; Wisconsin Gov. Scott Walker; and former Arkansas Gov. Mike Huckabee. REUTERS

Hours

13

The anti-war agitator mounted a 13-hour filibuster to call attention to the United States' use of drones.

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Mass. Woman flips cops the tongue after drunk driving bust

Some bad guys flip cops the bird when they're arrested.

A 55-year-old Massachusetts woman put a new twist on that act of defiance: She stuck her tongue out at Vermont police.

Linda MacDonald's unforgettable mug shot has now won her notoriety most accused drunk drivers don't get unless someone is hurt or killed, because her picture is now hitting news sites and social media.

MacDonald, of Shelburne, Massachusetts, was charged with drunk driving after her car ran over a fence on Route 5 in Dummerston, Vermont.

After cops smelled booze on her, they administered a blood-alcohol test and she failed, Vermont State Police officials said.

Linda MacDonald
POLICE HANDOUT

MacDonald was given a ticket and must appear in court April 28.

There were no injuries.

JOHN A. OSWALD

Cessna

Seven people killed in Illinois crash of small airplane

A small private airplane crashed early on Tuesday on approach to a runway at a central Illinois airport, killing all seven people onboard including two members of the Illinois State University athletic department, officials said.

Torrey Ward, the associate head coach for the Illinois State's men's basketball team, and Aaron Leetch, the deputy director of athletics for external operations, died in the plane crash, the university said. REUTERS

Loans

Former NFL player accused of running Ponzi scheme over athlete loans

A former NFL player has been charged with running a Ponzi scheme that allegedly enticed investors to back loans for professional athletes, federal securities regulators said Tuesday.

Will D. Allen, 36, who played with the New York Giants, Miami Dolphins and New England Patriots before retiring in 2013, is accused of raising more than $31 million from investors.

Allen and business partner Susan Daub claimed to make loans to professional athletes who needed money, the Securities and Exchange Commission alleged in a complaint.

REUTERS

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New Treatment For Heel Pain, Shockwave, PRP (platelet rich plasma) as seen on the front page of *The New York Times*

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Five things you

Widespread power outages hit White House, DC area

A power outage hit the White House and much of the Washington area on Tuesday, snarling trains, emptying museums and cutting electricity to government buildings and the U.S. Capitol.

The Justice Department and State Department were also affected, along with the University of Maryland. Power company Pepco Holdings Inc. said the outage stemmed from a dip in voltage because of transmission line trouble.

Power was briefly knocked out to the White House, delaying the daily press briefing.

The "power outage [is] affecting many parts of the city, and it affected the White House complex. We were on a backup generator and now we are back on normal power," a White House spokesman said.

An official at the Department of Homeland Security said in an email: "At this time, there is no indication that this outage is the result of any malicious activity." REUTERS

Pennsylvania Avenue after the blackout / GETTY IMAGES

Twitter options active on deal chatter

Twitter shares jumped 5 percent and activity in its options surged on Tuesday on unsubstantiated market chatter about the company fending off a takeover bid.

The microblogging service provider's shares rose to $53.28, the highest they have been since October, on market chatter that the company has hired advisers to rebuff a takeover bid.

Twitter's options were unusually active on Tuesday with total volume more than 250,000 contracts, or twice the average daily volume, according to Trade Alert data.

REUTERS

Night Shift workers needed for research study

Researchers at The Rockefeller University are conducting a study with shift workers to gain a better understanding of how shift work and stress influence the body's metabolism.

You may be eligible if you:
- Are over the age of 18
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For more information, or to see if you are eligible to participate, please contact our recruitment specialist at 1-800-RUCARES or Rucares@rockefeller.edu

need to know

FEDEX / GETTY IMAGES

FedEx to buy TNT for $4.8B

FedEx is to buy Dutch package delivery firm TNT Express for an agreed $4.8 billion, stepping up the challenge to rivals United Parcel Service and Deutsche Post in Europe.

European regulators blocked a 2013 takeover of TNT by UPS due to concerns it would stifle competition, but analysts and executives said on Tuesday FedEx, with its strong air fleet, would complement TNT's sizeable European road network. **REUTERS**

Kenyan students march to demand more security

Kenyan university students marched in the capital on Tuesday to demand more security from the government after gunmen killed 148 people at a campus in the eastern town of Garissa last week.

A citizens group held a vigil in Nairobi's main park later in the evening, grieving for those killed in the attack claimed by al Shabaab Islamists based in neighboring Somalia.

Last Thursday, gunmen from the al Qaeda-aligned group stormed Garissa University College, some 200 kilometers (120 miles) from the Somali border. **REUTERS**

Sen. McCain to seek re-election in Arizona

Sen. John McCain of Arizona, who was the Republican presidential nominee in 2008, will seek a sixth term in office in 2016.

McCain, the senior senator in the Republican-dominated southwestern state, will formally announce his re-election plans at an Arizona Chamber of Commerce & Industry event in Phoenix on Tuesday, said his spokesman Brian Rogers.

The 78-year-old McCain, who was first elected to the Senate in 1986, is seeking another term after taking over as chairman of the Senate Armed Services Committee in January. **REUTERS**

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"Fraction Of An Inch" Success And Failure With Popular

Vital Information All Knee Arthritis Sufferers

By Matt Edgar-Health Writer
Manhattan - In just a moment I'm going to tell you about a very "candid" and somewhat embarrassing moment I had with a doctor.

A moment most doctors would not want you to know about.

As I reveal what happened in that moment - it will become clear to you not only why this doctor has so much success treating knee arthritis pain... but you will also discover a possible way to relieve some or all of your pain, too.

But before I tell you all that - let me ask you this: How would you like to finally have a real medical solution for your knee arthritis pain?

Not some scam sold on an infomercial or the internet. **A real medical treatment that has already worked for countless people just like you and is covered by most insurance and medicare?**

Can you imagine what it would feel like to be able to eliminate enough of your pain and stiffness so you can get out of bed without pain and go for walks and even do things like play golf or tennis?

How relieved would you be if you felt so much better that you no longer needed to go through total knee replacement surgery and all the grueling rehabilitation?

Sounds Too Good To Be True?

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from ***real medical treatments.***

That's also why no ethical doctor would promise or guarantee ANY results... for ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: "cure for knee arthritis" or "eliminates all pain" or "works for everyone" you should run like heck.

But the fact of the matter is: If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

And even better - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

Here's The Treatment And The Embarrassing Moment

The treatment is called viscosupplemtation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a "must read."

Here is why: When you have arthritis, one of the things that happens is the lubricating fluid in your joints deceases. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating way at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically . Treatment with this special lubricating gel is called *Viscosupplementation.*

Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City

Nothing Spreads The Word Like Caring Doctors and Results - Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Norhtern New j Jersey ever since word got out of their advanced medical procedure for knee arthritis

This all sounds great - in theory. But there is a BIG problem with this treatment.

Allow Me To Explain...

While doing research on this treatment, I traveled to a medical clinic in Northern N.J. right outside NYC (they now have clinics in mid town and downtown).. This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who ranted and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplemtation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

"All Doctors Are Human And Sometimes They Mess Up"

I discovered that this treatment must be VERY PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space -
or the treatment will be rendered useless.

Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

Technology To The Rescue

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.

The Difference Between Knee Arthritis Treatment?

Should Know... *That Might Be Keeping You In Pain*

Here's something incredible: I was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... ***but the imaging proved him wrong.***

I was amazed how only a ***fraction of an inch*** would make the difference **between** success and failure.

The best thing is: When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

"Double Confirmation" For Best Results

That's why the doctors at this clinic have taken it one giant step further to give their patients the best. They do not just use one form of confirmation during treatment - they use two in their **"double confirmation"** process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and "double confirmation" process just might be why the doctors at this medical clinic get results when others were not.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

Who Is This For?

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has a an innovation for you...

Your Invitation

OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call **800-227-KNEE (5633)** and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and there is no further obligation. The best thing about this screening for so many is being able to breathe a big sigh of relief because you finally have hope to relieve your pain and get your life back

Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare.

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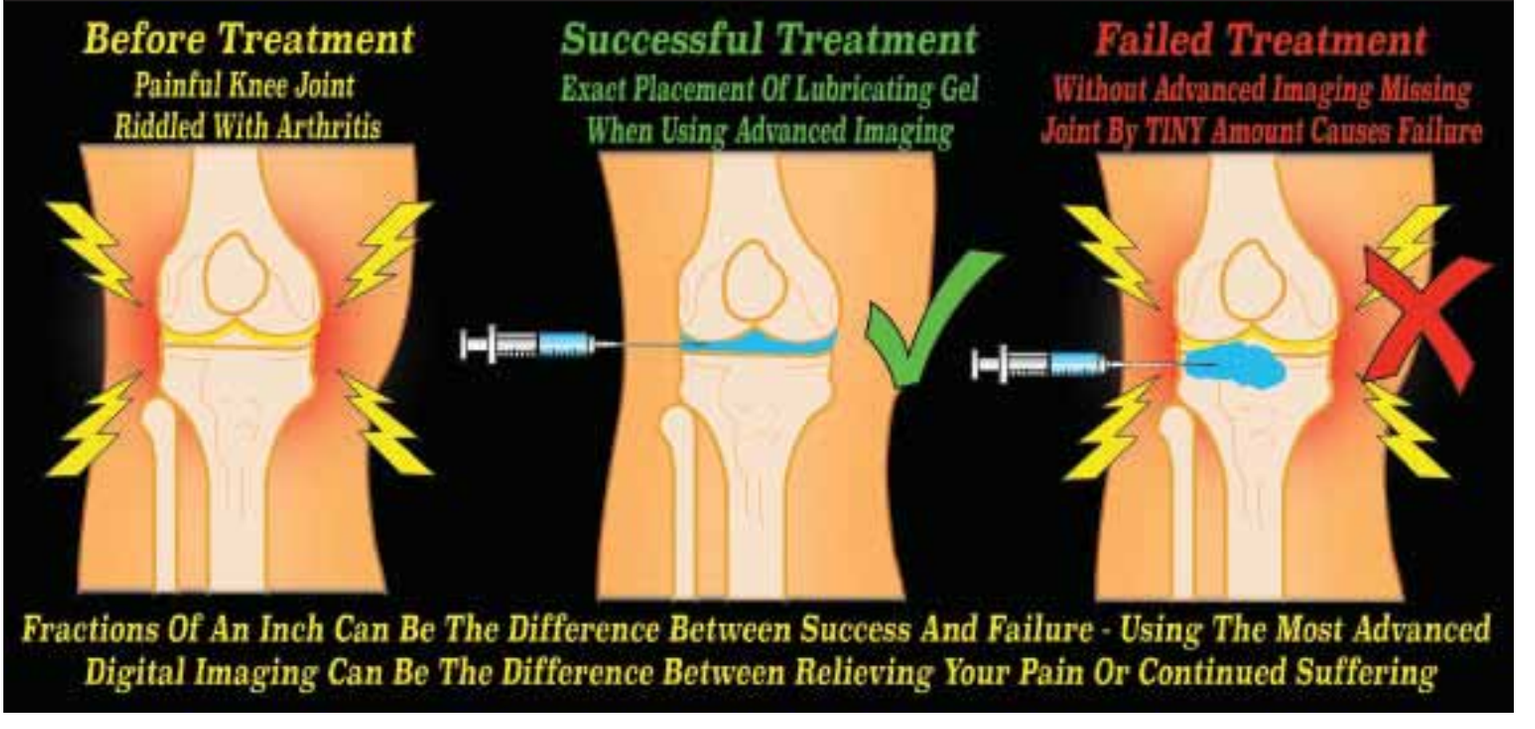
Director Alexander Garger MD	Director Alexander Garger MD	Director Gazelle Craig D.O.

Why A Fraction Of An Inch Can Be The Difference: **Advanced imaging is used to "double confirm" placement of lubricating gel on the surface of the arthritic joint - giving the best possible chance to**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Digital Imaging Can Be The Difference Between Relieving Your Pain Or Continued Suffering

2 CULTURE

Twitter feed

Today, Olivia Wilde wants you to sit down, Katy Perry is disappointed, Chris Evans knows what he likes and Patton Oswalt is taking Hollywood by storm.

@oliviawilde
You know you're old when you wish the crowd at concerts was organized by height.

@katyperry
WHERE'S ALL THE SPARKLY DRESS OPTIONS FOR MY BITMOJI

@ChrisEvans
I have an unhealthy obsession with trees and Hermann Hesse has always been one of my favorite writers.

@pattonoswalt
Pitching my Scientology-based teen sex comedy, "Goin' Clear!" tomorrow. (Tagline: "Get ready to experience multiple Sea-ORGasms!")

They're probably FaceTiming as we speak. / ALL PHOTOS GETTY IMAGES

1 Don't worry, Lorde and Taylor still going strong

Reports of Taylor Swift and Lorde downgrading their BFF status have been greatly exaggerated, according to no less than Swift herself. When media speculation started swirling that the two were at odds over not being able to agree on a duet to record, Swift took to Twitter to put the naysayers in their place. "Media, when you say, 'Lorde and Taylor are fighting,' by fighting do you mean 'FaceTiming constantly from [the] U.S. to [New Zealand] and LOLing at you?'" So that settles it, I guess. No need to worry, everybody. Also, what's the female equivalent of a bromance? I feel like we should have a word for that. Any suggestions?

THE WORD

Ned Ehrbar takes on the world of gossip.

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The duo in happier times.

2 Lindsay Lohan focusing on her career, apparently

This may come as something of a shock, but Lindsay Lohan hasn't had much time to worry about dating because all her attention has been going to her career. No, really. "I haven't really thought about [dating] in a while, I've been so focused on my career," the still-London-based actress tells Homme Style magazine. But if she were to start stepping out with some guy? "At this time, I'd probably have to say someone not in show business, maybe a businessman, but I'm just enjoying being single and enjoying experiencing everything here." But be ready, businessmen of London, she may call on you at any moment.

Lohan is focusing on "work."

3 Beware ex-girlfriends bearing memoirs

Kudos to Giuliana Rancic for this epic piece of misdirection. Instead of talking about how she lost her gig on "Fashion Police" for some pretty terrible jokes, Rancic would prefer everyone focus on her relationship with Jerry O'Connell from more than a decade ago, when — according to Rancic's new memoir — the former "Sliders" star stepped out on her with Geri "Ginger Spice" Halliwell. "I was being two-timed for one of the lesser Spices?" she writes, reporting that O'Connell responded, "'Yeah, I know. I'm so sorry. I don't know what happened.'" OK, first of all, your material is still pretty terrible. And second of all, Ginger Spice is a "lesser" Spice Girl? Hardly. I mean, Sporty Spice maybe, but Ginger was never "lesser."

Daily video

Jon Snow is a terrible dinner party guest

Maybe "Game of Thrones" star Kit Harington has a sense of humor after all. Or not. "You won't be laughing when the White Walkers rip you limb from limb," he warns guests at Seth Meyers' dinner party after they make a joke about global warming. But he tries to fit in, he really tries, with the small talk and the banter, but it's tough when your father was beheaded, your brother was murdered at his own wedding and you never met your mother. Also, he's terrible at charades.

@LATENIGHTWITHSETHMEYERS / YOUTUBE

Get meta with 'The Comedians'

JOSH GAD
GETTY IMAGES

Interview. Josh Gad plays the sitcom version of himself alongside Billy Crystal on FX's new show.

Between "Broad City" and "Key and Peele," it seems to be the era of the comedy duo. In the new show "The Comedians," we're introduced to a new pair: Josh Gad and Billy Crystal. They play fictionalized versions of themselves, forced to work together on a sketch comedy show. We talk to Gad about working with a comedy legend.

See Josh Gad and Billy Crystal in "The Comedians" on Thursday at 10 p.m. on FX. / RAY MICKSHAW, FX

What made you want to play yourself on TV?
I was excited by the idea of two comedians coming from two completely different places generationally, approaching the same vocation from such different places and mixing that with the ego and id of it all. ... Working alongside Billy Crystal and getting a phone call saying we want you to play this young comedian opposite Billy, it's a dream come true.

Do you notice a lot of differences between your comedy and Billy's?
You know what's interesting is not so much the differences, which you would think there would be a lot of, which the show goes into, but the similarities. We both talk about the fact that we got our start going to a Borscht Belt comedy show in the middle of the Catskills when we were like 5 years old.

The show mocks your failures, but you've also been in huge successes, like "Book of Mormon" and "Frozen."
I've been very lucky, and I've also been unlucky. A lot of times you make creative choices that you believe in and then it's like, oh, that was a big screwup. Which is the beauty of the show. We get to make fun of things that may have been failures or the things we're embarrassed by.

Persona

Meet "Josh Gad"

Is there more freedom for you to invent a version of yourself because Billy has had such a long career?
That's the beauty of playing "The Comedians"'s version of Josh Gad. I can take liberties that I think Billy can't just because of who he is and how well-known he is. I'm married in real life with two children. I'm a philanderer on the show with no children, no wife. I've got 10 times the ego on the show that I do in real life — hopefully people know that. There are liberties that I get to take that are liberating and scary at the same time.

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The return of 'The Heidi Chronicles'

Broadway. "Mad Men"'s Elisabeth Moss stars as the feminist lead.

When "The Heidi Chronicles" opened at the Music Box Theatre on March 19, it was almost 26 years to the day since the Pulitzer Prize winner premiered in 1989. Director Pam MacKinnon took a gamble reviving Wendy Wasserstein's play about the Baby Boomer feminist movement. But a strong cast — helmed by Elisabeth Moss — helped shepherd the social commentary back to Broadway.

"I was drawn to the fact that there was a female playwright, a female director and a female lead," says Bryce Pinkham, who left his starring role in "A Gentleman's Guide to Love and Murder" for this show. "I had some questions about the references — they're very dated — [but] I never felt like it was a risky move to be in the show."

MacKinnon's name adds cachet but so does casting Moss in the title role. Strategically casting the "Mad Men" star alongside funnyman Jason Biggs makes the play feel fresh. But Biggs' Scoop isn't the love of Heidi's life; her heart belongs to her best friend, Peter, played with quiet intensity by Pinkham.

"I like to think of them as star-crossed," Pinkham says. "If you're going to reduce them to a character description, you'd call him 'the gay best friend.'" The two are presented as soulmates who might marry, until it's revealed that Peter is gay.

"Coming out in the '70s wasn't the same as it is today. There were no celebrities, no template for it," Pinkham says. "It was just sort of like inventing a code for doing it on the spot, so

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Jason Biggs, Elisabeth Moss and Bryce Pinkham star in the Broadway revival of "The Heidi Chronicles." / JOAN MARCUS

Quoted

"Coming out in the '70s wasn't the same as it is today. There were no celebrities, no template for it. It was just sort of like inventing a code for doing it on the spot, so I was very conscious of wanting to do that piece of gay history justice."

Pinkham

I was very conscious of wanting to do that piece of gay history justice."

This pivotal scene occurs at one of Heidi's feminist rallies; her friends don't believe men should be there, while Peter insists that it's time for women to support the gay community. Sound familiar? Patricia Arquette made a similar call for minorities to band together at the Oscars in February.

"Whenever I start to get riled about these issues, I remind myself: Don't act like we haven't come a long way — we have. But we're not finished," Pinkham says.

The stars

On relating to the play's main characters:

Elisabeth Moss: "I think all women will be able to identify with the pressures put upon them to 'have it all' and make choices in their lives that supposedly will define them. Heidi finds that she is left behind in life by both men and women because she didn't make the normal choices in life. She realizes that she has to make a decision that's for her."

Jason Biggs: "I hope that audiences relate to, or at least appreciate, Scoop's incredible honesty. Sure, he might deliver it arrogantly at times, but he always calls it like he sees it. I believe Heidi's long-standing attraction to Scoop is due, in large part, to this candor."

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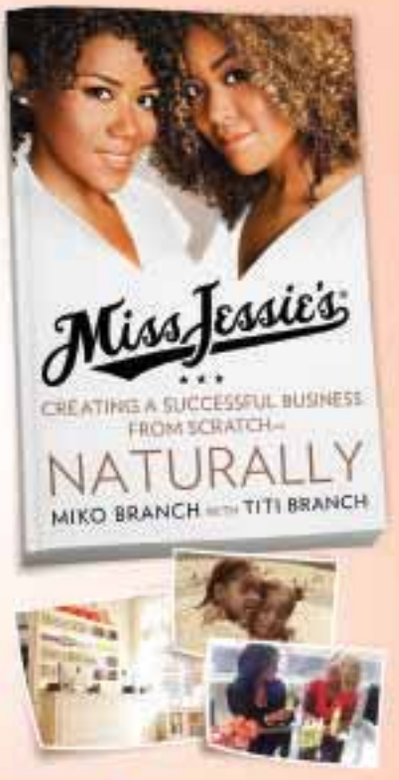

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Own spring cleaning

Don't let the piles of clutter scare you. Here's how to tackle the mess.

MARIANNE HAYES
letters@metro.us

Cleaning out all the junk tucked away in the nooks and crannies of your home can be a daunting task. But parting with things like old knickknacks, clothing and receipts actually comes with some serious perks, like a clear mind and a more Zen environment.

With a new season upon us, spring cleaning represents the perfect opportunity to purge your home of clutter — and bring some fresh, new energy into your space. Professional organizer Jeni Aron shares her best tips for tackling the job.

Start with your closet

Now is the time to reevaluate your winter wardrobe.

"If anything needs to be repaired, do that now so that it's ready for next season," Aron says. "And if you're done with that coat, and it's seen better days, then it's time to donate it."

Donating and selling old clothes can actually be a killer way to bring in some extra income (see our story on eBay tips below). Look for consignment or thrift shops in your area that pay for donations. If you strike out, giving them away at least comes with a nice tax write-off. As for the winter stuff you are keeping, store it so it's out of sight.

"And take a good look at your spring wardrobe," Aron adds. "Are these items you would purchase today? Does anything need to be repaired or hemmed? Now is the time, before the season truly kicks in, to take care of all those little things so that you're in good shape for when it gets warm."

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Expert advice: How to

It's not easy to throw away things you paid a pretty penny for, but you don't have to toss everything in the dumpster.

Suzanne Wells, author of the blog "eBay Selling Coach," started her eBay career after she got divorced and lost her job in 2003. Now, Wells is a top seller. She shows us how to turn our trash into treasure on eBay.

Suzanne Wells PROVIDED

1 Don't throw out your broken goods

"There's a lot of repurposing," says Wells, who uses a Keurig coffeemaker as an example. "The water tank itself will sell for $20; the lid to the water tank will sell for $10 and the carousel stand that holds the coffee can sell for $30," she says. "Things in the kitchen cabinets that look like a jumbled mess are highly desirable on eBay, especially if it's an older model, because they may not make it anymore. People go to eBay and find the parts they need." She also says sellers can list parts from other kitchenwares, computers, electronics and old game consoles. Sort through your electronics: Wells says even VCRs are worth something on eBay.

2 Check completed listings

Wells says not to base your price on current listings, but completed listings so you can see

Clean out your kitchen

If you haven't done it in a while, take the time to clean out your fridge. This includes trashing old and expired products.

"Give your refrigerator a good cleanout because we're now entering the fresh fruits and vegetables stage, so you want to have a nice clean fridge for all of that," Aron says.

Revitalizing your kitchen also includes taking a close look at your cooking supplies. If you made a lot of soups and stews this winter, it may be time to replace your pots. The same goes for glassware, plates and other products that are worn out.

Replace your bedding

Ditch the heavy winter bedding for a lighter, fresher option that reflects the new season. Aron recommends storing heavier bedding and opting for either a floral print or an all-white setup, both of which reflect the crispness of spring.

"Now is also a good time to do rug cleaning, so it isn't a bad idea to either hire a professional or do it yourself," she adds. "And now that you're going to have your windows open more, think about changing over heavy curtains for something lighter and breezier."

In other words, choose accessories that will optimize natural light and fresh air.

ALL PHOTOS ISTOCK

sell on eBay

the price at which similar items actually sold. "That's how you research. Research what sold instead of asking prices," she says.

3 Sell using the "Buy It Now" option

Auctions are the way to go if you want to get rid of something fast, but Wells says you'll get the most money if you go the "Buy It Now" route. Not only will you have the benefit of having your listing up for a longer period of time, ensuring you get more eyeballs on your item than in the seven-day time frame of auction listings, but you will also have your item show up on Google when you have a 30-day listing.

4 Use the "Best Offer" option

Wells says the "Best Offer" option gives wiggle room for buyers to haggle. "I tell sellers, 'Price your item 20 percent more if you're putting it in "Best Offer."' [For] a lot of people, negotiating is part of how they shop, and if you don't have 'Best Offer,' they may not want to buy anything from you."

5 Take great photos

"[Your photo] should be clear and cropped-in tightly," Wells says. "eBay estimates that 25 to 40 percent of sales are made on mobile devices. If the picture is not clear, it's hard to see and mobile buyers are impatient."

ANDREA PARK

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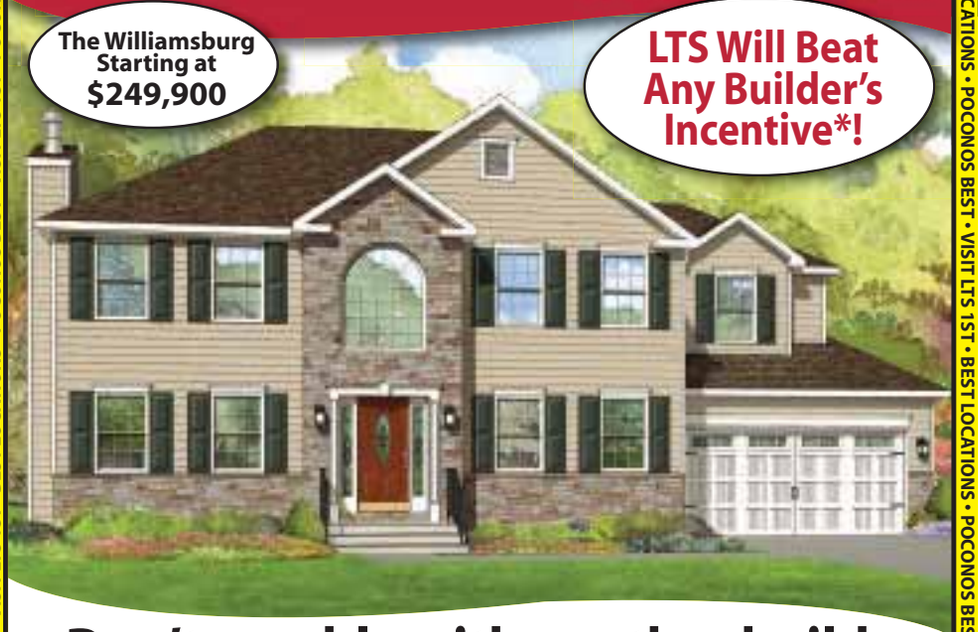

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Market watch

Priciest

$75M

1 Central Park South #1809

The most expensive property this week is marketed by Corcoran. This four-bedroom, four-and-a-half bath unit is the iconic Dome Penthouse at The Plaza. It features unique architectural details, Central Park views and a terrace overlooking the park.

$239K

415 E. 82nd St. #1C

Cheapest

The least expensive property to come onto the market this week is a co-op in Yorkville, marketed by Citywise Real Estate. This pre-war studio unit features hardwood floors, high ceilings, and southern exposure. There is laundry in the building and storage is available.

StreetEasy.com is a New York based Real Estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

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What to do with your tax refund

An expert from Mint.com gives three smart ways to avoid the dreaded buyer's remorse.

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

The average taxpayer gets a refund of $2,700. But before you splurge, consider some "responsible" things you could do. We asked Holly Perez, the consumer money expert at Mint.com, for wise ways to spend your refund while still having fun.

As tempting as it is to splurge on one big item, there are smarter ways to use your tax refund. ISTOCK

$2,700
THE AVERAGE REFUND TAXPAYERS RECEIVE

Treat it like a big fat raise

"So many people in America are living paycheck to paycheck and having a hard time making ends meet, so seeing that this could be the biggest paycheck they see all year, our advice is to not blow it," Perez says. Instead of thinking of it as free money, Perez suggests taxpayers think of it as a raise and use it to get rid of some of the financial stressors in their life. "That could be anything from paying down a credit card, student loans or investing it toward a college fund for your kids," she says.

Make a "pleasure purchase"

To help satisfy that craving of buying something with your check from Uncle Sam, Perez suggests making a "pleasure purchase," aka something fun and practical. "It can help offset some of your [future] costs," she says. "If you spend a lot of money buying coffee, putting some of your refund money toward a kick-ass coffeemaker could help you save money [in the long run]."

Manhattan residential prices plateau: Report

Believe it or not, Manhattan residential sales prices are flat.

That's the takeaway from Douglas Elliman's latest quarterly report, which found that the median sales price in Manhattan was $970,000 during the first quarter of 2015, compared with $980,000 last quarter. The average sales price, the report found, dropped 2.3 percent to $1.73 million during the quarter.

"The market is downshifting to a more sustainable level of activity," said Jonathan Miller, president of real estate appraisal firm Miller Samuel and the author of the Elliman report. The report also found a slight uptick in inventory and a decline in the number of closed sales. "Prices are high but stable," Miller said.

The number of new development sales dropped 16.8 percent to 272 during the first quarter, according to the report. And the median sales price for new development units fell by 6.1 percent to $1.6 million. The average new development sales price grew 6.6 percent to $3 million.

According to Miller, the price changes can be explained by recent inventory gains. During the first quarter, there were 5,243 units on the market, a 5.5 percent increase from the same period last year, he said.

As for sales volume, the number of closed sales — 2,661 — dropped by 19.5 percent, the third consecutive quarter that saw a double-digit decline. But Miller said sales volume shot up in 2013 and 2014 to record or near-record levels, in response to pent-up demand following the financial crisis.

There's a slight uptake in residential inventory. ISTOCK

BY E.B. SOLOMONT

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.
THE REAL DEAL

Horoscope

♈ Aries | March 21-April 20
Be more attentive to your friends. Let superiors know your thoughts regarding workplace procedures. By speaking out, you will raise your profile.

♉ Taurus | April 21-May 21
Careless mistakes will be costly. Whether at home or at work, you need to pay strict attention to what you are doing.

♊ Gemini | May 22-June 20
Dispel criticism that co-workers place on you. If you let everyone know that you are capable, negative banter will dissipate.

♋ Cancer | June 21-July 22
Misunderstandings will lead to a series of problems. Be clear about your intentions, and allow others to voice their opinions.

♌ Leo | July 23-Aug. 22
Taking on too many professional responsibilities will affect your personal life. Consider spending a quiet evening at home.

♍ Virgo | Aug. 23-Sept. 22
Dedicate some time to family entertainment. Whether you play games, share hobbies or participate in challenges, include loved ones in your life.

♎ Libra | Sept. 23-Oct. 22
Don't get rattled by minor issues at home. Be more accepting. Your patience will contribute to a calmer setting.

♏ Scorpio | Oct. 23-Nov. 21
Emotional issues will cloud your judgment. Facing the truth and setting time aside to discuss matters will help rectify the problem.

♐ Sagittarius | Nov. 22-Dec. 21
Consider turning one of your skills into a home business. Get input from someone and find out what steps need to be taken.

♑ Capricorn | Dec. 22-Jan. 20
You will get ahead by sharing your ideas with your superiors. Extra time may be required to put your plans in motion.

♒ Aquarius | Jan. 21-Feb. 18
Be prepared to make decisions. Don't try to do too much at once. Tackle each issue if you want to make the right choices.

♓ Pisces | Feb. 19-March 20
Expand your mind by engaging in events that teach you about different cultures. Consider learning a second language or picking up a skill. EUGENIA LAST

Sudoku: Easy and hard

					7	5		2
5	8			3			9	
2			8			3		6
	5			6	4		2	
	6		5	7			4	
9		8			5			1
	1			2			7	8
4		3	6					

	2	7	9			6		3
		6			3		7	
			7					9
2		4		7	5			
1								5
			8	9		4		2
4					7			
	1		3			2		
6		2			4	9	8	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters to the editor

Hard work gets noticed

I am a German journalist, and I am working at the office of the Lutheran World Federation to the United Nations. Every morning I am happy to receive Metro New York. I would not know your newspaper without a very special person who is responsible for distributing it. Mr. Eric Williams is part of my morning. With a lot of courtesy, a friendly smile and some motivating words, he became an important part of my day. People miss him on the few days when he is not there. And even if he only has time for a few words, many people seem to trust him a lot and are looking forward to receiving their newspaper from him. A German weekly newspaper asked me to write short essays about my life in New York. Eric will be the protagonist of my next one. I just wanted you to know that your best employees are those who work every day throughout every kind of weather in the street.
DANIEL LENSKI, VIA EMAIL

Deal or no deal

I am sure that, from the perspective of each participant, every deal, agreement, contract, etc., can be improved. However, congressional critics of the Iran nuclear deal should remember a wise saying that is often made about legislation: Don't let the perfect become the enemy of the good.
MARK OROMANER, VIA EMAIL

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Crossword

Across
1 A wife of Jacob
5 Like a mouse
10 Freshwater catch
14 Sanskrit dialect
15 Jaded
16 Hairy twin
17 Sportscaster — Gumbel
18 Poe's middle name
19 Large African lake
20 Moors
22 Gridders, often
24 Marrying VIPs
25 Electrical unit
26 Whole extent
29 Camp bed
32 Unsuitable
36 "Bonanza" brother
37 More wacky
39 Wish undone
40 Upstarts
43 "— -Tiki"
44 Hit the Tab key
45 Final
46 Hound's track
48 Dirty place
49 Sly tactics
50 Alley from Moo
52 Coffee-break treat
53 Clearly set out
57 Canvas and masts
61 Goofs
62 Pitched in
64 Concept
65 The chills
66 Uttered loudly
67 — de plume
68 Starfleet journals
69 Exhilarating
70 Gooey mass

Down
1 Links org.
2 Bring home
3 He played Obi-Wan
4 Field event (2 wds.)
5 Ski lifts (hyph.)
6 Pandora's boxful
7 "Bien" opposite
8 Baroness Karen
9 Tough fabric
10 Call silently
11 Tennis great
12 German industrial region
13 Lather
21 Make a choice
23 Cricket sound
26 Ogles
27 Kind of committee (2 wds.)
28 Coon cat origin
29 Poker deck
30 Beginning
31 Like a frontier piano
33 Survey findings
34 Prize money
35 Tries out
37 Kind of meditation
38 Consume
41 Rock climber's gear
42 Dropping suddenly
47 Bangs and creaks
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51 Type of orchard
52 Hen
53 Real bargain
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55 Kin of the Twist
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57 Grass stalk
58 Archaeology find
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60 Huff and puff
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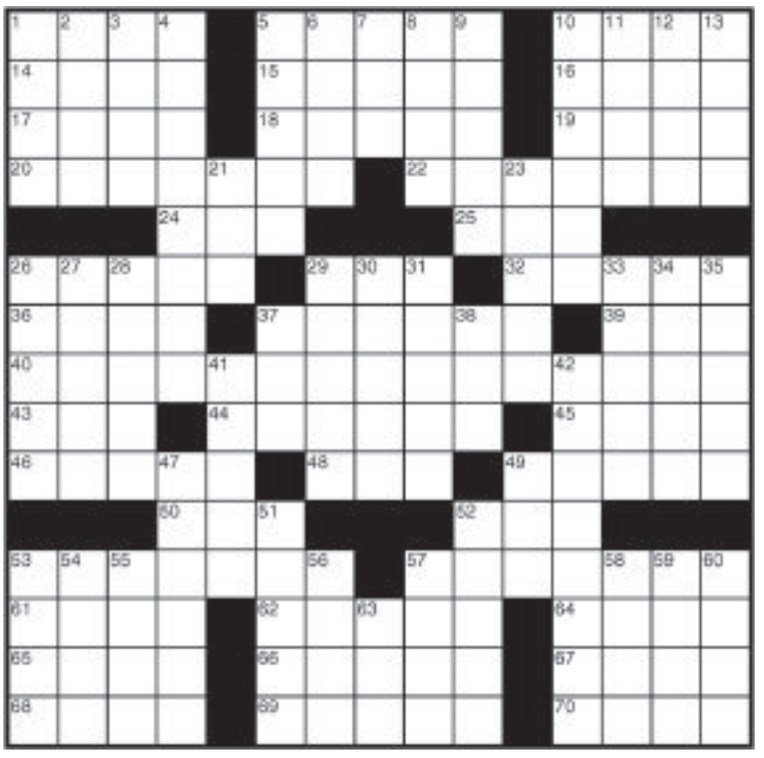

Yesterday's answer

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3 SPORTS

NBA

Kentucky invasion

The 2015 NBA draft will be flush with Kentucky Wildcats as head coach John Calipari said Tuesday that he expects five to seven players from his 2014-15 roster to jump to the pros this June. Willie Cauley-Stein, Karl-Anthony Towns, Aaron Harrison, Andrew Harrison and Trey Lyles are likely to declare for the draft and Dakari Johnson and Devin Booker could as well.

Rangers, Islanders both looking to 'peak' soon

NHL. Both New York teams are in position to play well into May and possibly June.

The Rangers' Kevin Hayes tumbles over the Islanders' Travis Hamonic on March 10 at Nassau Coliseum. / GETTY IMAGES

The Stanley Cup Playoffs should have a distinctly New York flavor. With less than a week remaining in the 2014-15 NHL regular season, both the Islanders and Rangers appear to be two of the 16 franchises that will compete for the Stanley Cup. Entering play Tuesday, the Rangers needed one point to clinch the top spot in the Eastern Conference, and two points to earn the franchise's third Presidents' Trophy. The Islanders needed one point or an Ottawa Senators loss to clinch a playoff berth.

"If you would have told us that at this point, with 98 points, we'd still be battling, it's very surprising," said Islanders head coach Jack Capuano. "It's amazing the races that are going on in the East and West. You can't control that. You can control what you can control and that's all we are focused on right now."

A significant aspect of the Stanley Cup Playoffs is managing momentum shifts, a topic that Derek Stepan touched upon Monday, a few minutes after he scored the game-tying and overtime game-winning goals against Columbus.

"In order to have success in the playoffs, you have to be able to handle ebbs and flows in games," Stepan said. "You have to be able to respond when your game's not quite there, and we've able to find way to win hockey games when we haven't been as sharp as we'd like it to be."

Which naturally leads to the topic of goaltending, and the Islanders and Rangers' contentment with starters Jaroslav Halak and Henrik Lundqvist.

Following Saturday's win over league-worst Buffalo, Capuano praised Halak, who has the franchise's single-season win record for goaltenders with 37.

"[He] made a few big saves," Capuano said of his goaltender. So, too, did Lundqvist Monday night. Despite facing 10 fewer shots than Columbus goaltender Sergei Bobrovsky, Lundqvist was routinely tested by a Blue Jackets team that came into the game having won nine in a row.

Lundqvist recorded 29 saves on 32 shots, keeping the Rangers in a game in which they trailed 3-2 midway through the third period.

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MLB

MICHAEL PINEDA
GETTY IMAGES

Yankees get back to work

The Yankees will look to Michael Pineda to get them back to .500 Wednesday when they host the Blue Jays (7 p.m., YES) at Yankee Stadium. Pineda faced Toronto twice last season and took a loss both times, though in both outings he did not receive any run support (both shutout losses). The 26-year-old went 5-5 last season in 13 starts but showed flashes of brilliance as he finished with a 1.89 ERA. R.A. Dickey will get the ball for Toronto. **MATT BURKE**

Grella is not quite ready to jump into 'real world'

MLS. The Red Bulls forward has kept his soccer dream alive.

Mike Grella, left, has found a home with the Red Bulls. / GETTY IMAGES

There was a time this past fall when Mike Grella was thinking about retiring from the sport of soccer at just 28 years old. He was without a team and seemingly without options at a time when his family was growing. Choices had to be made, income had to be earned.

It was beginning to look like Grella's name would no longer be on the back of a soccer jersey but would next be seen on the business card of an insurance salesman.

"When your wife is pregnant and you want to stay in America and you can't find much and you go to Europe but not for much money, it's a scary place to be," Grella told Metro. "It was things like banking, insurance, real estate, coaching — I wanted to know what would fit my characteristics the best if it wasn't playing anymore."

In Europe, he bounced around a bit, always showing promise, and when he got on the field he was often impressive. His journey would eventually bring him back to MLS, and he trialed with the team in the summer of 2013 but was never signed to a contract.

He had an opportunity to go down to preseason camp with New York City FC as head coach Jason Kreis had expressed an interest in seeing him again. The team had other forwards on their roster but Grella had done enough with the team to warrant another look. Yet it wasn't the right option in Grella's mind.

"At the time, Kreis decided not to sign me — they invited me to preseason and my thought was they had seen enough of me to make a decision. He was a great guy and very honest with me, I can't say that enough," Grella said. "I spoke with the Red Bulls the next day and they invited me in. I came in and hit the ground running. I like the mentality here. It was great. I felt at home."

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